

**WARDEN NOTICE**  
**August 8, 2006**

*THE EMBASSY OF THE UNITED STATES IS TRANSMITTING THE FOLLOWING INFORMATION THROUGH THE EMBASSY WARDEN SYSTEM AS A PUBLIC SERVICE TO AMERICAN CITIZENS IN THE PHILIPPINES. PLEASE DISSEMINATE THIS MESSAGE TO ALL U.S. CITIZENS IN YOUR ORGANIZATION OR NEIGHBORHOOD. THANK YOU.*

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**Dengue Fever**

The following information was distributed to members of the U.S. Mission on August 8, 2006, by the Embassy's Medical Unit. We are distributing the information to U.S. citizens in the Philippines in the interest of making the same information available to the U.S. citizen public that is available to members of the U.S. Mission and their families. This warden message alerts American citizens living or visiting the Philippines to the latest information about Dengue Fever.

Dengue is endemic throughout the Philippines, having a seasonal peak during the rainy season of July to October. A serious outbreak of dengue is occurring in Baguio City and Benguet, with the barangays Fairview, Upper Quezon Hill, Irisan, Balili and Tuding reporting the most cases to date.

Dengue is a viral infection transmitted by a type of mosquito that typically feeds during the daytime; they are painful and persistent biters. Dengue typically causes high fever, rash, malaise, fatigue and severe aching pains (it used to be called "Break Bone Fever" due to the severity of the aches). While most cases are not life-threatening, the disease can be debilitating for two or more weeks. There is no treatment for the disease except supportive care (fluids, pain medication, fever reduction, etc.) therefore, preventing mosquito bites is still the best medicine. Wear long sleeve shirts and pants when outdoors. Use an insect repellent containing DEET - adults and children older than two months can use preparations containing up to 35% DEET. Please note: the higher the concentration, the longer it repels. Similar to sun block, re-apply after swimming or excessive sweating.

At home, use screens or "fly-wire" on all open windows and use a "knock-down" insect spray to kill mosquitoes in rooms. Also, use mosquito coils or electric insecticide vaporizers if mosquitoes can readily get into rooms. (Air conditioning helps repel mosquitoes too.) Consider using a bed net impregnated with Pyrethrum. Outside the home, remove/drain all standing water on the property, including standing water in potted plant dishes, cans, bottles, and any item that could hold water for several days. Flush home gutters and drains weekly with water to help prevent eggs from taking hold and hatching.

GSO/FMO has an active pest and insect control program. GSO/FMO conducts scheduled visits to residences and inspects for standing water and treats the exterior of residences. Do not wait for the GSO/FMO inspection however. Become proactive by following the recommendations outlined above to help reduce your risk of exposure. Post has over 150 residences to inspect and treat, so your cooperation and participation is very important.

For more information on Dengue Fever please check the W.H.O. Web site at <http://www.mosquito.org/info.php>